

Who Do I Contact?

If you are a parent interested in the Panhandle Health District's **Home Visiting Program**, or an agency referring a parent to the program, please contact Theresa Hylsky at the Panhandle Health District office in Coeur d'Alene at 415-5100.



The Panhandle Health District's Home Visiting Program is funded by the Panhandle Health District, the Idaho Children's Trust fund and Governor Dirk Kempthorne's Coordinating Council for Families and Children.

If you have any questions or concerns, please contact your local Panhandle Health District Office.

Kootenai County
8500 N. Atlas Road
Hayden ID 83835
208 415-5100

Bonner County
1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County
7402 Caribou
Bonners Ferry ID 83805
208 267-5558

Benewah County
711 Jefferson
St. Maries ID 83861
208 245-4556

Shoshone County
114 W Riverside
Kellogg ID 83837
208 786-7474



Panhandle Health District 1
Healthy People in Healthy Communities
Www2.state.id.us/phd1

May 2006

Panhandle Health District

Public Health Nurse

Home Visiting Program



A free program for families with children ages birth to age three.

MISSION STATEMENT

To prevent disease, disability and premature death; to promote healthy lifestyles and to protect and promote the health and quality of our environment.

What is the Home Visiting Program?

The Panhandle Health District's **Home Visiting Program** is a free voluntary home visitation program provided by experienced public health nurses and is available to families with children from birth to age three in the five northern counties of Idaho.

What Can I Expect During a Home Visit?

In one to two home visits, an experienced public health nurse from the Panhandle Health District provides parents with:

- Parenting education and support.
- Information regarding their child's health.
- Safety education.
- Developmental information.
- Nutrition education.
- Community resources.
- Assistance with appropriate referrals if needed.



Why Should My Family Enroll in the Home Visiting Program?

The public health nurses at the Panhandle Health District are here to help parents develop coping skills to better handle the many stressors that challenge families today, such as:

- The premature birth of a child.
- A medically fragile child.
- Substance abuse.
- Mental illness.
- Social isolation.
- Teen parents.
- Economic pressures.
- Domestic violence.



Why Does the Panhandle Health District Want to Help My Family?

The goal of the Panhandle Health District's **Home Visiting Program** is to:

- Decrease the stress on families.
- Increase a family's stability and self-sufficiency.
- Provide timely, individualized parent education.
- Provide community resources and referrals as needed.

What Kind of Help Can I Get With My Children If I Enroll Into the Program?

The public health nurse provides families with a thorough assessment of their strengths and needs, appropriate interventions and a strengths-based approach to:

- Help promote healthy attachment and bonding between parents and their babies.
- Provide parents with information needed to promote healthy brain, physical and social/emotional development in their babies.
- Teach parents the importance and life long impact of responsive care giving.

